



FRIENDS OF THE
NEEDHAM ELDERLY, INC.

Senior Compass

MASSACHUSETTS' FIRST ACCREDITED SENIOR CENTER.
NATIONALLY ACCREDITED SINCE OCTOBER 1999

Stephen Palmer Senior Center • 83 Pickering Street • Needham, MA 02492 • Phone 781-455-7555 • Fax 781-455-7599 • www.needhamma.gov
Newsletter printed & mailed by the Friends of the Needham Elderly, Inc.

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SCREENING OF YOUR MEDICATIONS BY CVS PHARMACY

HAVE YOUR QUESTIONS ANSWERED
ABOUT YOUR PRESCRIPTION AND NON-
PRESCRIPTION MEDICATIONS – SCHEDULE
YOUR INDIVIDUAL APPOINTMENT TODAY

**Monday, September 8th
12:00 – 2:00 pm**

At the Needham Senior Center

Pharmacists will give a 15-minute presentation about cholesterol. Following the presentation, Pharmacists will hold private 15 minute one-on-one sessions to review your individual medications. During the appointment, the Pharmacist can help you solve problems related to duplicate therapies, outdated medication, possible side effects and improper storage. To sign-up for your individual 15 minute appointment, call the Needham Senior Center at (781) 455-7555.

55 ALIVE MATURE DRIVING COURSE WITH AARP

**Monday and Wednesday,
September 22nd and 24th
12:00 - 4:00 pm**

At the Needham Senior Center

**Fee for the two-day course is \$10.00,
Sign-up is required.**

This 55 Alive Mature Driving Course is a 8 hour, classroom refresher course developed by AARP and it is the first, most recognized, comprehensive, nationwide course created especially for older drivers. Students MUST attend both sessions in order to receive a certificate of completion. This course teaches you about the normal, age-related changes that interfere with vision, hearing, and physical strength that typically influence driving ability and attitudes. Cost is \$10 per person, payable to AARP, and is due at the first class. This class will be limited in size. To sign-up call 781-455-7555.

HEALTHY EATING FOR SUCCESSFUL LIVING IN OLDER ADULTS™

**6 weeks: Sept. 9, 16, 23, Oct. 7,
14, 21 – 12:30-3:00 pm**

At the Needham Senior Center

There is no fee for this program.

Healthy Eating for Successful Living in Older Adults is a program for seniors who want to learn more about nutrition and how lifestyle changes can promote better health. This is a nutrition education program, not a weight loss program. The focus of this program is to stress heart healthy and bone healthy nutrition strategies to help maintain or improve participants' wellness and independence and prevent chronic disease development or progression. There is no charge for these classes, but participants are expected to make a commitment to the full 6 weeks of classes. Space is limited. To sign-up call 781-455-7555.

SENIOR STRENGTH EXERCISE CLASS

SESSION I

**Mondays, 10:15 - 11:15 am
September 8th - November 3rd**

SESSION II

**Fridays, 9:00 – 10:00 am
September 12th – October 31st**

At the Needham Senior Center

Sign-up is required

By popular demand we have added an additional session to this class. You are welcome to join one or both classes. This 8-week class is designed to accommodate mature individuals of various fitness levels and abilities and can be adapted to meet the particular needs of any of the participants. This seated class will begin with a thorough warm-up followed by strength training exercises for all the major muscle groups of the body using light hand weights and conclude with gentle stretching exercises to increase flexibility and reduce muscle tension. Pearl, the leader of this class, is on staff at Newton-Wellesley Hospital's Wellness Center. Since 2003 she has specialized in fitness for older adults and brings both warmth and humor to her classes. The cost for one eight week session is \$32.00 and for both sessions the cost is \$64.00. To sign-up call 455-7555.



SENIOR CENTER HOURS: MONDAY - FRIDAY 9:00 AM - 4:00 PM



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ON AGING
Needham

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**The mission of The
Needham Council on
Aging is to respond to
its older residents'
needs by providing a
welcoming, inclusive,
and secure environment
where individuals and
families benefit from
programs, services and
resources that enhance
their quality of life and
provide opportunities
for growth.**

DEAR FRIENDS,

We hope you had a great summer! In July, Friends of Needham Elderly (FONE) held the Annual Meeting and Summer Social. We want to thank all of you who attended and hope you had as much fun as the board members did. If you missed the meeting and would like to have a copy of the report that was given out, please send a request to f-o-n-e@comcast.net or call the Senior Center at 781-455-7555.

Over the summer we received Morrie Dettman's resignation. Morrie has been involved with the Friends since 1990, serving on the board in different capacities, including president. His contribution to the organization has been enormous and he will be missed. Thank you, Morrie, for all that you have done for us throughout the years!

Now that summer is over, we are ready to get back to work. One of our main objectives is to continue to finance the printing and mailing of the Senior Compass, which is delivered to over 4,000 households. This is done through your dues, donations, memorials, and business advertising. Here's how you can help: 1) Be sure your dues are paid up. 2) Urge your friends and neighbors to become members. 3) If you own a business or know of someone who might be interested in advertising, contact a board member or call the Senior Center. Together, we can keep the Compass going and help the Council on Aging with some of their other exciting programs!!

Please share your thoughts and ideas with us. We can be contacted by e-mail, f-o-n-e@comcast.net, or call the Senior Center (781-455-7555) and leave a message.

Thank you for all your support!

Jan + Pat

FRIENDS OF NEEDHAM ELDERLY 2008 MEMBERSHIP/DONATION FORM

Name: _____ Date: ____/____/____

Address: _____

Membership for 2008	\$ 25.00
Donation	\$ _____
Memorial* (Please see below)	\$ _____
Total Enclosed	\$ _____

*Name of Deceased _____

If acknowledgement to family is desired, please provide the following information:

Name of Deceased Family and Address _____

Please make checks payable to: FRIENDS of Needham Elderly and mail to:
FONE, 83 Pickering Street, Needham, MA 02492 **Questions? Please send inquiries
to f-o-n-e@comcast.net.**

DEAR FRIENDS,

Once again it has been proven that summer is not a less busy time of year for the Council on Aging Department and the Stephen Palmer Senior Center. It is the time of year that we analyze and review our past year while assessing potential offerings for the coming months. Throughout this process the staff continues to provide programs and services to residents and neighbors.

This is also the time of year that I reaffirm my commitment to one of the Alzheimer's Association's 10 regional "Memory Walks" dedicated to raising money for care and research related to Alzheimer's disease. I feel proud to be a part of the fight that has brought us closer to being able to slow the progression of Alzheimer's while improving the lives of families and friends living with the disease. I hope that you will join me on Saturday, September 27th, as part of the "Needham Team," when we walk to help raise awareness and funds. Stop by or give me a call and I will share more of the details and discuss the various ways you too can be involved in this worthwhile event.

Jamie

TRIPS

To sign-up or obtain further information on any of the trips, contact Jeanne at 781-455-7555 ext. 209

FOXWOODS CASINO Thursday, September 18, 2008 *Sign-up is required*

We have a special rate for some very special people. Join your friends for an exciting day at Foxwoods. Enjoy the wonderful food and shopping. The cost of the trip is only \$25. Foxwoods additionally provides a \$15 voucher for lunch.

THE TURKEY TRAIN Tuesday, October 14, 2008

On the Turkey Train you will enjoy a beautiful ride around Lake Winnepesaukee with its lovely foliage, while enjoying a delicious Turkey Dinner presented by Harts Turkey Farm during the ride. The cost of this event is \$65.

THE WHITE MOUNTAIN HOTEL, A TWO NIGHT STAY Departing on November 17th and returning on November 19th

Join us for our Annual Overnight Trip to the beautiful White Mountain Hotel in No. Conway, N.H. A 3 day, 2 night trip with all the amenities. \$379 twin, \$349 triple, and \$469 single.

COMPASS LABELING AND COLLATING Tuesday, September 23rd at 9:30am At the Needham Senior Center

Please join us for a morning of light work and good fun, as we get the newsletter ready for mailing!

GAIL RICE, BOOK REVIEWER "AUDITION" AN AUTOBIOGRAPHY BY BARBARA WALTERS Monday, September 15th 1:30 pm

At the Needham Senior Center
Sign-up is suggested

In her very entertaining autobiography, "Audition", Ms. Walters looks back on her illustrious career as news anchorwoman and recalls her most fascinating interviews with several celebrities, world leaders as well as heads of state. Gail is a former teacher and professionally speaks to groups, reviewing the most interesting books of today! To sign-up call 781-455-7555.

WALKING CLUB AND WALKING PALS PROGRAM Mondays at 10:00 am and Fridays at 11:00 am *Sign-up is required*

If you walk two to four miles, a couple of days a week, then this walking club is for you. Our walks are designed to offer variety. You will have an opportunity to walk with other walking clubs. We will also explore trails outside the local area, offering transportation via our van. To sign-up call Sherry at 781-455-7555.

Walking Pals Program – Would you like to have company on your walks? We will match you with two others who walk your pace and coincide with your schedule. To sign-up call Sherry at (781) 455-7555.

THE ELDER ABUSE HOTLINE

To report or ask questions about suspected abuse of an elder, please call the hotline at 1-800-922-2275. For more information call the Needham Senior Center at 781-455-7555.

MONDAY'S LUNCH BUNCH

**September 1 –
The Senior Center is
closed due to Labor Day**

**September 8 –
Applebees, Walpole**

**September 15 –
Olive Garden, Framingham**

**September 22 –
The Cottage, Wellesley**

**September 29 –
Agostino's, Natick**

Meet at the
Needham Senior Center
Sign-up is suggested

Due to the increased interest in our LUNCH BUNCH program, please be sure to SIGN UP in advance for the lunch you want to attend. The suggested donation of \$5.00 to cover expenses will be collected on board the van, and then you will pay the cost of your meal at the restaurant. Meet at the Senior Center at 11:30 am. Board our Van and enjoy the ride. Enjoy!! To sign-up call 781-455-7555.

ELECTION DAY BAKE SALE

**WE NEED HOME
MADE GOODIES**

Tuesday, September 16
At the Needham Senior Center

Bakers, bakers, get those recipes out, start sifting, measuring, slicing and baking for the bake sale. If you are able to bake or would like to help run the baked goods table call Penny at 781-455-7555 ext. 204.

SENATOR SCOTT BROWN'S AIDE

Tuesday, September 16
10:15 am

Senator Scott Brown or a member from his staff will be available to hear your concerns and answer any questions about State Government you may have.

TAI CHI MODIFIED, AN 8-WEEK CLASS

Mondays, September 29th – December 1st at 9:00 am

At the Needham Senior Center

Sign-up is required

Scott Brumit's approach to Tai Chi allows participants to either stand or sit on a chair while doing the Tai Chi exercises. Tai Chi is a slow-motion, moving, meditative exercise for relaxation, and health. As a stress-relieving therapy, it leaves the participants ready to face whatever difficulties their day may bring. No experience is necessary. Wear loose, comfortable clothing. The cost of the 8-week class is \$32.00. To sign-up call 781-455-7555.

A LUNCH AND LEARN PROGRAM FOR CAREGIVERS

Tuesday, September 23rd at 11:00 am

At the Needham Senior Center

SPRINGWELL'S CAREGIVER NOTEBOOK A GUIDE FOR ORGANIZING AND RECORD KEEPING

Presented by Sandra Boris Berkowitz

Sign-up is required. There is no fee for this program.

An opportunity to start the difficult conversation with your family and share information. A comprehensive tool created exclusively for caregivers to help organize important information and assist in planning for the future. Each family will receive a free Caregiver's Notebook. There is no fee for this program. To sign-up call the Senior Center at (781) 455-7555.

BETTER BALANCE CLASS

New Session beginning September 17, 2008

Wednesdays, 2:30-3:30 pm

At the Needham Senior Center

Sign-up is required

Have fun while learning to improve your balance and prevent falls. Using balls, bands and weights this class will help improve your balance, posture, flexibility, strength and endurance and decrease stress. Cost of the 8-week class is \$50.00. To sign-up please call the Senior Center at (781) 455-7555.

THE COMPUTER CENTER

At the Needham Senior Center

COMPUTER CLASS:

HOW TO USE MICROSOFT WORD

September 5th, 12th and 19th • 10:00 am – 12:00 pm

Sign-up is required

In this hands on, 3 session class, you will learn how to utilize the capabilities of word processing! To register for the class call the COA at (781) 455-7555.

COMPUTER LESSONS

Sign-up is required

Would you like to learn about computers in a one-on-one session with a qualified instructor? Each session lasts 45 minutes and will be held on Thursdays and Fridays between noon and 3 pm. To make an appointment call the Senior Center at 781-455-7555. There is no fee for this class.

WEIGHT WATCHERS

Registration: Wednesday, September 24th • 11:00 am

An 11-Week Class, October 1st - December 10th • 12:00 - 1:00 pm

At the Needham Senior Center

Join together with fellow friends. Lose weight and feel great. We will offer support to one another with good humor as we struggle to win the Battle of the Bulge! We will have a private weigh-in each week, and the group coach will keep us motivated by suggesting various food options and providing helpful tips on the value of exercise. At the end of the program, we will provide a special gift for the person who has had the biggest weight loss! Please call Sherry at the Needham Senior Center regarding the cost of joining Weight Watchers, at 781-455-7555, ext. 205.

IT'S FRIDAY ENTERTAINMENT LIVE WITH MEL SIMONS!

Friday, September 26, 2008

At the Needham Senior Center

Sign-up is required. There is no fee for this program.

In A One Man Show, Mel will astound you with great songs and anecdotes featuring four show-biz legends: Al Jolson, Jimmy Durante, Eddie Cantor, & George M. Cohan. Mel appears regularly on "The Steve LeVeille Show" broadcast on WBZ 1030. In advance we thank Wingate of Needham for sponsoring this event. To reserve your seat, call 781-455-7555.

SPANISH, BASIC LEVEL

An 8-week class, September 16 - November 18

Tuesdays • 9:00 - 10:00 am

At the Needham Senior Center

There is no fee for this class. Sign-up is suggested.

This class is for those who have little or no previous experience with the Spanish language. The class is instructional and conversational. This class guarantees to give you the tools to learn Spanish and also proves to be great fun for all. Our thanks to Rosa for taking time from her busy schedule to volunteer/teach at the Needham Senior Center. There is no fee for this class. To sign-up call 781-455-7555.

SHINE UPDATE

GETTING READY FOR MEDICARE OPEN ENROLLMENT

November 15 – December 31

Medicare Prescription Drug Plans (Part D Plans) – If you have prescription drug coverage, the plan you have now may not be the best plan for you in 2009. In October, you will receive information about changes in your plan for next year. You can switch plans during the Medicare Open Enrollment, between November 15 and December 31, and begin your new plan in January 2009.

If you don't have a prescription drug plan and you want one, you can join a plan at this time.

If you have limited income and assets, there is federal money to help pay for your Medicare Part D costs. There is also a state prescription assistance program, called Prescription Advantage.

Medicare Advantage Plans – If you are in a Medicare Advantage Plan (e.g. a Medicare HMO/PPO, or PFFS) your plan will notify you in October of any changes for next year.

If you need help with your health insurance, **SHINE** has free counseling at the Needham Senior Center, to make an appointment call 781-455-7555.

MOVIES AT 1:00 PM

Wednesday,

September 3rd

**THREE ON A MATCH,
1932**

Look past the melodrama to see who we were 75 years ago. With Ann Dvorak, Joan Blondell, newcomer Bette Davis, and another Hollywood icon in a very early role.

Friday, September 5th

**A CONCERT: A NIGHT
IN TUSCANY WITH
ANDREA BOCELLI, 1997**

Elizabeth Taylor is an adoring fan. You will be too, when Andrea Bocelli sings many of his greatest hits at an outdoor concert.

Wednesday,

September 10th

FRACTURE 2007

Anthony Hopkins and Oscar nominee, Ryan Gosling are outstanding in this trial drama that turns into a fierce battle of wits between prosecutor and a clever defendant.

Friday, September 12th

CAMILLE, 1936

At 16, French courtesan Marie Duplessis, became the model for a novel, a play, a Verdi opera, a ballet and nine movies. Many call it Greta Garbo's finest performance. Robert Taylor costars.

Friday, September 19th

JUNO, 2007

"Sweet, perceptive, sharp and near perfect." 172 critics put their thumbs way up for this teen pregnancy comedy and its shining new star, Ellen Page.

Monday, September 29th

FEMALE, 1933

Ruth Chatterton plays a steely executive who dominates her male staff by day and romances them at night. George Brent tries to be the exception.



COUNCIL
ON AGING
Needham

STEPHEN PALMER
SENIOR CENTER
83 Pickering Street
Needham, MA 02492
781-455-7555

SENIOR CENTER
DROP-IN HOURS:
9:00 am - 4:00 pm
Monday thru Friday

COA DONATIONS

- Alvera Emanuella
- Triad Advertising

FRIENDS DONATIONS

- Mr. and Mrs. Allan M. Bikofsky
- Marie B. Casey
- Lily Chin
- Michael Heffernan
- Sandra E. Jaszek
- Robert Jeffery
- Sally McAward
- Vincent Nuccio
- James Hug Powers
- Roland and Anne Ricciardelli
- Thomos W. Rossiter
- Burt and Olga Stern
- Priscilla Webster

MEMORIALS

- Marjorie Clifford in Memory of Patti Marcus

BOUTIQUE UPDATE

Beginning October 1, 2008 the Boutique will be accepting donations of any new or almost new regifted items. Also, the boutique will gladly accept any craft made items and donations of skeins of yarn. There will be a BIG Boutique sale and bake sale on Election Day Tuesday, November 4, 2008. All proceeds from donated items go to the Friends of the Needham Elderly. We thank you in advance for your kind donations.

BEGINNER MAH JONG CLASS

At the Needham Senior Center

Are you interested in learning Mah Jong? After four sessions you will know if Mah Jong is for you. Mah Jong involves playing with tiles and the class is taught by an experienced teacher. A modest fee of \$20 for all 4 sessions is due on the first class. For dates and times of classes call the Needham Senior Center at 455-7555.

BALLROOM DANCING CLASS

Thursdays, 2:00 – 3:00 pm September 4, 11, 18, 25, 2008

YMCA • Chestnut Street, Needham

New 4-week class to start in September! To sign-up or obtain more information call Sherry at 781-455-7555.

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To place your ad here,
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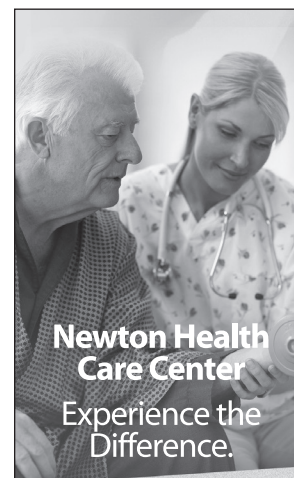
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SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 SENIOR CENTER CLOSED IN OBSERVANCE OF LABOR DAY	2 9:00 Bridge – Men 9:15 Bridge – Women 10:30 Current Events 11:45 Lunch: Meatloaf or Ham and Cheese Sandwich 12:30 Ping Pong 1:00 Cribbage – Men	3 9:00 Bridge – Men 9:00 Keep Well Clinic 10:00 Computer Class: WORD 10:00 Hearts Card Game 11:45 Lunch: Labor Day Special Dinner: Garden Vegetable Soup, Mediterranean Chicken Breast, Rice, Vegetable Ratatouille, Dinner Roll and Chocolate Fudge Cake 1:00 Movie: Three on a Match, 1932	4 10:00 Knitting 10:00 Whist 11:45 Lunch: Hot Dog or Turkey Salad Sandwich 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Ballroom Dancing #1	5 9:00 Bridge – Men 9:15 Quilting 11:00 Walking Club 11:45 Lunch: Baked Fish or Roast Beef Sandwich 12:00 Computer Lessons 1:00 Movie: A Concert: A Night in Tuscany with Andrea Bocelli, 1997 1:00 Board Games
8 9:00 Bridge – Men 10:15 Exercise 10:00 Walking Club 11:30 Monday's Lunch Bunch: Applebee's 11:45 Lunch: Chicken Parmesan or Turkey and Swiss Cheese Sandwich 12:00 A Screening of Your Medications	9 9:00 Bridge – Men 9:15 Bridge – Women 10:30 Creative Writing Group 11:45 Lunch: Stuffed Shells or Chicken Salad Sandwich 12:30 Healthy Living 12:30 Ping Pong 1:30 Cribbage – Women	10 9:00 Bridge – Men 10:00 Computer Class: WORD 10:00 Hearts Card Game 11:45 Lunch: BBQ Beef Steak Patty or a Chef Salad 1:00 Movie: Fracture 2007	11 10:00 Knitting 10:00 Whist 11:45 Lunch: Stuffed Salmon or Chicken Patty Sandwich 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Ballroom Dancing #1	12 9:00 Bridge – Men 9:00 Exercise 9:15 Quilting 11:00 Walking Club 11:45 Lunch: Roast Turkey Dinner or Tuna Salad on Lettuce 12:00 Computer Lessons 1:00 Board Games 1:00 Movie: Camille, 1936
15 9:00 Bridge – Men 10:15 Exercise 10:00 Walking Club 11:30 Monday's Lunch Bunch: Olive Garden 11:45 Lunch: Baked Fish or Roast Beef and Cheese Sandwich 1:30 Gail Rice, Book Review of an autobiography by Barbara Walters	16 9:00 Ping Pong Tournament 9:00 Bridge – Men 9:00 Spanish Class 9:15 Bridge – Women 10:30 Current Events 11:45 Lunch: BBQ Chicken or Seafood Salad on Lettuce 12:30 Healthy Living 12:30 Ping Pong 1:30 Cribbage – Women Please note Ping Pong drop-in hours remain the same	17 9:00 Bridge – Men 9:00 Keep Well Clinic 10:00 Computer Class: WORD 10:00 Hearts Card Game 11:45 Lunch: Meatball Sub, Cheese Buttered Noodles or Turkey and Cheese Sandwich 2:30 Better Balance	18 9:00 Trip to Foxwoods 10:00 Knitting 10:00 Whist 11:45 Lunch: Baked Ham or Egg Salad Sandwich 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Ballroom Dancing #1	19 9:00 Bridge – Men 9:00 Exercise 9:15 Quilting 10:00 Low Vision Group 11:45 Lunch: Macaroni and Cheese or Chicken Salad Sandwich 12:00 Computer Lessons 1:00 Board Games 1:00 Movie: Juno, 2007
22 9:00 Bridge – Men 9:00 Pool Tournament Part I 10:15 Exercise 10:00 Walking Club 11:30 Monday's Lunch Bunch: The Cottage 11:45 Lunch: Chicken Kielbasa or Tuna Salad Sandwich 12:00 AARP Driving Program, Part I	23 9:00 Bridge – Men 9:00 Spanish Class 9:15 Bridge – Women 9:30 Compass Labeling and Collating 10:15 Senator Brown Office Hours 10:30 Creative Writing Group 11:00 Lunch and Learn: Springwell's Caregiver Notebook 11:45 Lunch: Beef Stew or California Chicken Salad on Lettuce 12:30 Healthy Living 12:30 Ping Pong 1:30 Cribbage – Women	24 9:00 Bridge – Men 9:00 Pool Tournament Part II 10:00 Hearts Card Game 11:45 Lunch: Oriental Chicken Stir Fry 12:00 AARP Driving Program, Part II 12:00 Weight Watchers 2:30 Better Balance	25 10:00 Knitting 10:00 Whist 11:45 Lunch: Eggplant Parmesan with Meatball or Seafood Salad Sandwich 12:00 Computer Lessons 12:30 Ping Pong 1:00 Bridge – Duplicate 1:00 Cribbage – Men 2:00 Ballroom Dancing #1	26 9:00 Bridge – Men 9:00 Exercise 9:15 Quilting 11:00 Walking Club 11:45 Lunch: Baked Tilapia or Turkey and Cheese Sandwich 12:00 Computer Lessons 1:30 Entertainment Live with Mel Simons
29 9:00 Bridge – Men 9:00 Tai Chi Class 10:00 Walking Club 10:15 Exercise 11:30 Monday's Lunch Bunch: Agostino's 11:45 Lunch: Turkey a la King or Egg Salad Sandwich 1:00 Movie: Female, 1933	30 9:00 Bridge – Men 9:15 Bridge – Women 10:30 Current Events 11:45 Lunch: Broccoli Cheese Fish or Peppercorn Turkey and Cheese Sandwich 12:30 Ping Pong 1:30 Cribbage – Women No Spanish Class Today No Healthy Living Class Today	CALENDAR OF PROGRAMS AND EVENTS Needham Council on Aging and Senior Center 83 Pickering Street • Needham, MA 02492 • 781-455-7555 www.needhamma.gov Offsite Locations of Programs #1 Charles River YMCA • 380 Chestnut Street #2 Needham Public Library • 1139 Highland Avenue #3 Avery Crossings Assisted Living • 110 West Street Please Note: Items in bold indicate that sign-up is required.		



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Read this newsletter in your choice of easy-to-read formats.

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